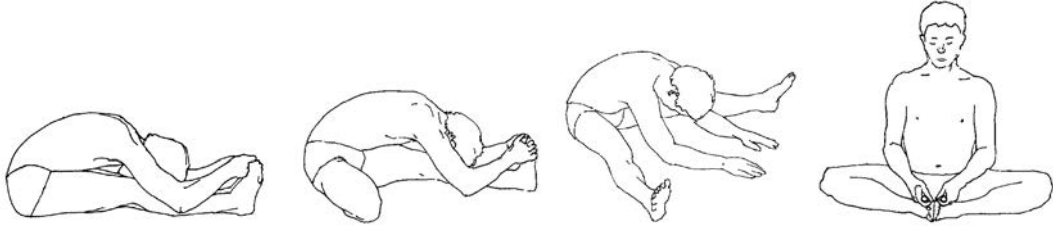


Āsana and Prāṇāyāma Practice Theory Question 2.



Compare:

Paścimatānāsana, Januśīrṣāsana, Upaviṣṭa Koṇāsana and Baddha Koṇāsana.